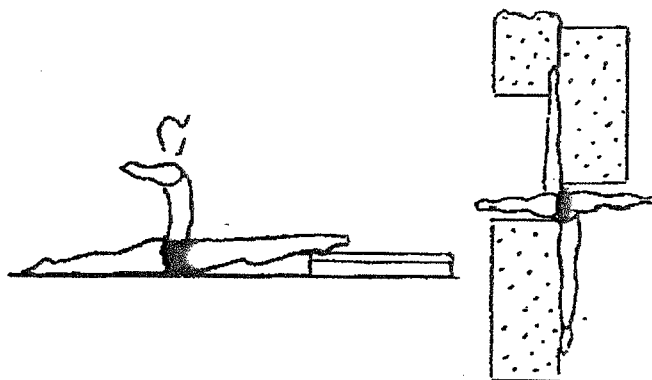


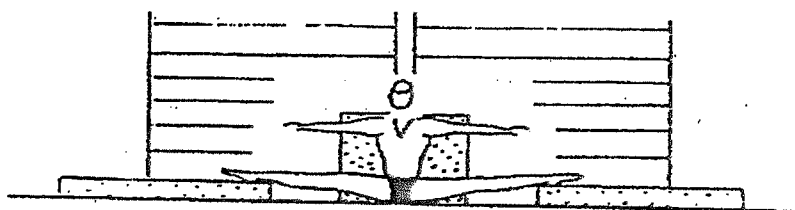
BILDER

FYSISK TEST TIL GUTTER 10-16

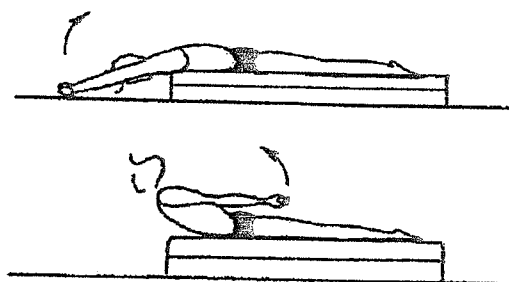
1. a) Spagat høyre bein fram 10 sec.
1. b) Spagat venstre bein fram 10 sec. Snitt.



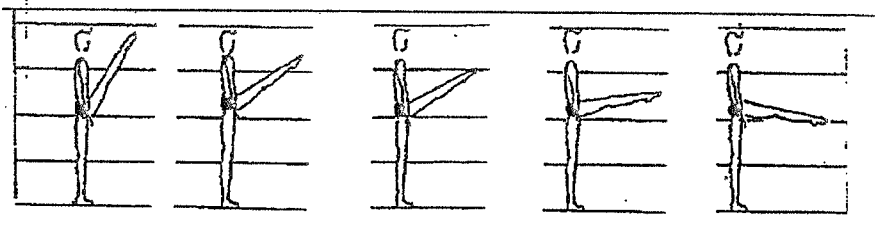
2. Herrespagat



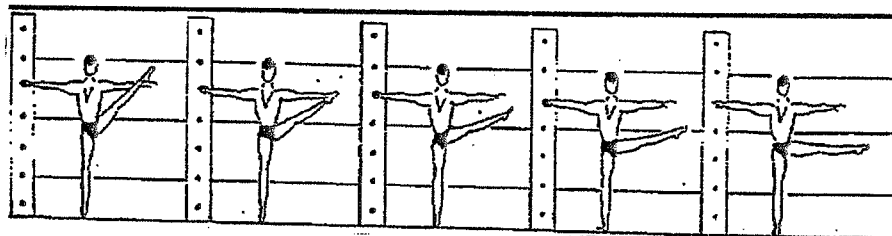
3. Skulder vring med stang, fra egen skulder bredde. Avstanden mellom parallelle armer.



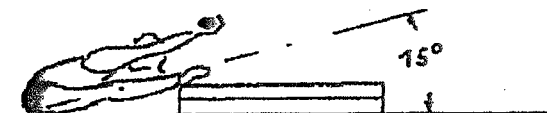
4. a) Stående med beinføring frem og opp, holde 5 sek. Uten grep, ryggen mot veggen.



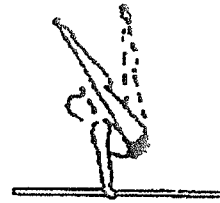
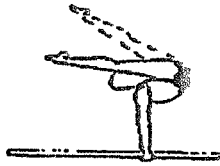
4. b) Stående med beinføring til siden og opp, holde 5 sek. Uten grep, skulder mot veggen.



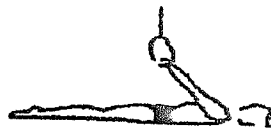
5. Bredsitt med 90 grader vinkel, tøy fram, bruk av stang med undertak



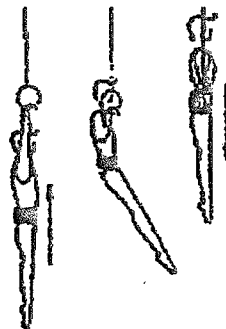
6. Manna og høy svevst



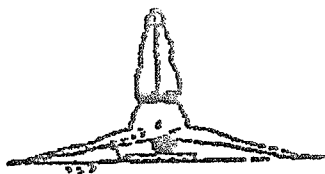
7. Fravendtvekt



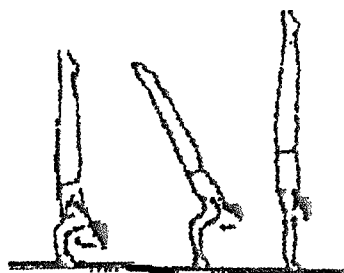
8. Kraften i ringer



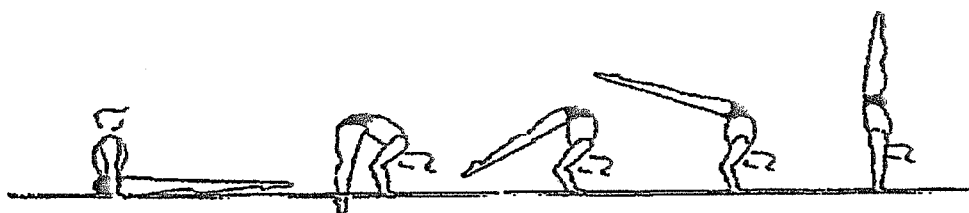
9. Bredhåndstående på gulvet, skulder vinkel 15 grader



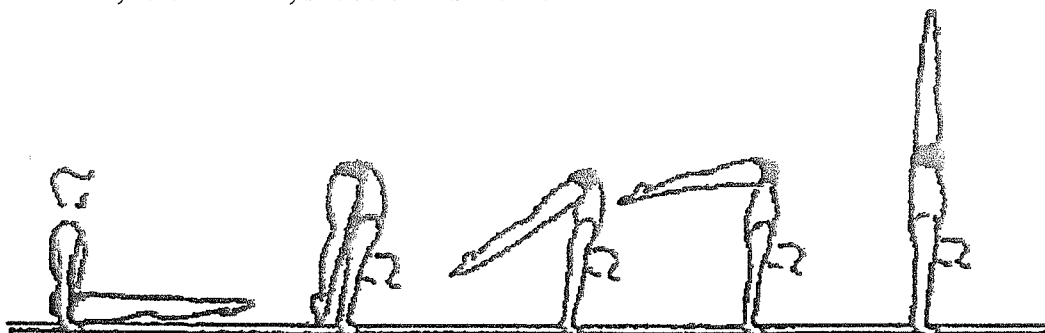
10. Håndstående dips



11. Press til hst, bøyde armer, samle bein skranke



12. Press til hst, strake armer, samle bein skranke



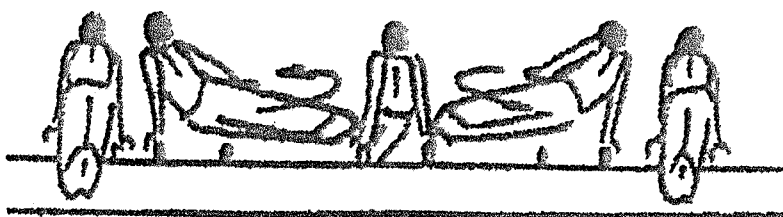
13. Fristøttevekt i skranke, delte bein



14. Favn



15. Kretser



16. Løpe 20m

17. Stille lengde

18. Klatring i tau, 4 meter

